

Exercise for Healthy Older Adults: Measuring Your Progress

As you become more active, you'll probably notice other signs that you're getting more fit.

- You have more energy.
- Your overall mood and outlook on life have improved.
- It's easier to do your usual daily activities.
- Climbing a couple of flights of stairs is easier.
- It's easier to get in and out of the car.
- You can get down on the floor and play a game with your grandchildren, and get back up again more easily when the game is over.
- You're sleeping better at night.
- You have less pain when you move around.
- Symptoms of an ongoing health condition may improve.

Use the space below to record your personal notes about changes/improvements you've noted from regular exercise/physical activity.

Keep it Going

Physical activity is a great way to have fun, be with friends and family, enjoy the outdoors, improve your fitness for your favorite sport, and maintain your independence. Older adults also gain substantial health benefits from regular physical activity, and these benefits last even into old age. The best way to be physically active is to make it a life-long habit. Once you get started, keep going. Keep a journal or log of your activity to help you stay on track with your physical activity/exercise program.

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging.
Available at <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm> Accessed May 6, 2009.